

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
In 344
Housekeepers' Chat

Wednesday, Nov. 28,
1928.

NOT FOR PUBLICATION

Subject: "The Holiday Table." Approved by Bureau of Home Economics, U. S. Department of Agriculture. Program includes menu and recipe.

Bulletin available: "Cooking Beef According to the Cut."

---ooOoo---

When Betty Lou's mother told her that she was to have full charge of setting the Thanksgiving table, Betty Lou was delighted. Although she is only 12 or 13 years old, Betty Lou has a knack of making a dining table look artistic.

"What are you going to decorate your table with?" I asked Betty Lou.

"Haven't decided for sure," said Betty Lou. "There are lots of things I could use--fruit, flowers, leaves, cones, evergreen branches, bittersweet, and nuts. Of course I wouldn't use all of these, at one time. For instance, if I use fruit and nuts, I won't use flowers, because they don't seem to belong together.

"Last year," continued Betty Lou, "my centerpiece was mother's silver cake basket, filled with fruit and nuts. Mother has a fruit bowl, but it has so many decorations painted on the outside, that the fruit inside doesn't show up at all. That's why I used the plain silver cake basket.

"This year I might use a flower centerpiece, as a change. We have chrysanthemums. I don't like tall chrysanthemums, on a table, because they have such long stems that they must be put in tall vases. Then people can't see each other, over the centerpiece. I believe I'll have a centerpiece of littly tiny chrysanthemums, and put them in the silver flower bowl. Then I can use four silver candlesticks, around the flower bowl. Would you like that, Aunt Sammy?"

"Very much," I said. "Will you have place cards?"

"Yes, because I want the table to look very extra special. With a flower centerpiece, I think a simple place card, with a spray of flowers, would be pretty. I can paint the place cards myself. Of course they will be very plain."

Betty Lou has learned that simplicity is the guiding factor in table-setting. She doesn't like a table which is over-crowded, or one which is elaborately decorated.

Now we'll take leave of Betty Lou, wishing her the best of luck with her part of the Thanksgiving feast.

This morning I want to introduce to you the new, revised, and up-to-date leaflet, called "Cooking Beef, According to the Cut." This leaflet was first published, last fall, with only four pages. Last month it was published in its new form, with eight pages. The new "Cooking Beef According to the Cut" is one of the most helpful bulletins I have ever read.

The first recipe in the leaflet is for Broiled Steak. With such practical directions as these, anyone can broil a steak to a turn. There's a recipe for Mushroom Sauce, too, in case you want to serve it with the steak.

Turning to page four of the leaflet you'll find a picture of a tempting dish, Rib Roast of Beef, with Yorkshire Pudding. On this page are directions for cooking a Rib Roast of Beef, and for making Yorkshire Pudding.

On page five there's a Pot Roast of Beef, with Vegetables; on the next page, a Stuffed Flank Steak. There's a recipe for Swiss Steak, too. On page six there's something which appeals to me -- Broiled Hamburg Steak on Onion Rings. On the last page of the leaflet there's a recipe for Beef Croquettes. There's also a picture of a plate which would be appetizing for a Sunday night supper; a slice of cold roast beef; lattice potatoes; and a piquant salad of cucumbers and a slice of tomato, on lettuce.

If you want a copy of this free leaflet, "Cooking Beef According to the Cut," I strongly advise you to send for it now, before the supply is exhausted.

Even though our thoughts are centered on the Thanksgiving dinner, we must eat today. Let's have something easy to prepare. How about the Broiled Hamburg on Onion Rings? That recipe intrigues me -- I want to try it right away, tonight. We might have Broiled Hamburg Steak on Onion Rings; Stewed Tomatoes and Celery; Baked Potatoes; and Fruit and Cookies.

I wish that everybody had a copy of this leaflet, with the Hamburg Steak recipe in it. I'm going to read it to you. Eleven ingredients, for Broiled Hamburg Steak with Onion Rings:

2 cups ground lean raw beef	1 tablespoon chopped parsley
1/4 cup ground suet	3 tablespoons butter
1 cup soft fine bread crumbs	2 teaspoons onion juice
7 strips bacon	1/2 teaspoon salt
7 slices Spanish onion, 1/2 inch thick	1/8 teaspoon pepper, and 1 tablespoon water.

Lay the slices of onion in a buttered, shallow, baking dish. Pour over them 2 tablespoons of melted butter. Sprinkle with salt and pepper, add the water, cover closely, and bake in a moderate oven (350° F.) for 30 minutes, or until tender. In the meantime, cook the chopped parsley, in 1 tablespoon of butter, and combine with the beef, suet, crumbs, and seasonings. Knead until thoroughly mixed. Mold into seven flat cakes, and wrap each with a slice of

1. 1990年12月25日，在“九七”香港回归前，香港各界人士纷纷发表文章，就香港前途问题提出自己的看法。

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 200 million to 400 million. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion.

the 1990s, the number of people in the world who are illiterate has increased from 400 million to 600 million. The number of illiterate people in the world is expected to reach 700 million by the year 2000. The number of illiterate people in the world is expected to reach 800 million by the year 2010. The number of illiterate people in the world is expected to reach 900 million by the year 2020. The number of illiterate people in the world is expected to reach 1 billion by the year 2030. The number of illiterate people in the world is expected to reach 1.1 billion by the year 2040. The number of illiterate people in the world is expected to reach 1.2 billion by the year 2050. The number of illiterate people in the world is expected to reach 1.3 billion by the year 2060. The number of illiterate people in the world is expected to reach 1.4 billion by the year 2070. The number of illiterate people in the world is expected to reach 1.5 billion by the year 2080. The number of illiterate people in the world is expected to reach 1.6 billion by the year 2090. The number of illiterate people in the world is expected to reach 1.7 billion by the year 2100.

1. *Phragmites australis* (Cav.) Trin. ex Steud. (Common reed)

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 200 million to 400 million. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion.

[illegible]

R-H.C. 11/28

bacon. Place each cake on an onion slice, in the baking dish. Broil under direct heat, for five minutes, on each side. Baste occasionally with the drippings. Serve at once from the baking dish.

If it is not convenient to broil the meat cakes by direct heat, pan-broil them in a hot skillet, and serve on the onion slices.

When you prepare the Stewed Tomatoes and Celery, use the outer stalks of the celery, and leave the hearts for tomorrow's dinner. The potatoes may be baked in the oven, while the onion rings are baking.

Our menu is now complete: Broiled Hamburg Steak on Onion Rings; Stewed Tomatoes and Celery; Baked Potatoes; Fruit and Cookies.

I had a number of requests last week for directions for frying oysters. Here's how I fry them:

First, select nice large oysters. Drain the oysters, and look them over carefully, for small pieces of shell. Have ready some finely sifted, stale, breadcrumbs, seasoned with salt and a little pepper. Dip each oyster in a well-beaten egg, to which 1 tablespoon of cold water has been added, and then roll the oyster in the seasoned crumbs. Now, place the oysters on a pan, or board, and allow them to stand, until the egg and bread coating has hardened.

The next step is to heat any desired fat, in an iron kettle, until the fat is hot enough to brown a bread crumb in 40 seconds. Then carefully place the oysters, a few at a time, in a wire basket, lower them slowly into the fat, and cook until they are a golden brown. As you remove the oysters from the kettle, put them on paper to absorb the excess grease. Keep the oysters hot until all are ready to serve.

#####

Tomorrow--since you will not want to listen to practical advice, I'll read you a story.

* * * *

